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# SCIENCE FOCUS

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## Sleep tech: 18 gadgets to help you get the best out of your beauty sleep

*Not all of us have the luxury of sleeping in if we want to feel refreshed when we wake up, so here are some of the best sleep gadgets for getting a good night's rest.*

📅 30th November 2017



### Homni

Information is power, and this souped-up alarm clock has reams of the stuff spouting from it. Developed with the European Sleep Center, the Homni has four integrated sensors to analyse the temperature, sound level, luminosity and humidity of your bedroom, which feed the accompanying app so you can tinker and tweak with your room until it's just right. Not only that but it comes with a sleep sensor for in-depth analysis of your sleep duration, sleep cycles and body movement. There are loads more features packed in, like adaptive lighting, a Bluetooth speaker and even USB ports for plugging in your phone.

Available early 2018, £199, [terraillon.com](http://terraillon.com)



## GADGETS

Whether you're looking to catch 40 winks, curl up for a catnap or settling in for your nightly slumber, we could all do with a little helping hand from the Sandman when it comes to getting some shuteye. Sadly, he doesn't always come on demand, so we've collected some gadgets and gizmos that'll save you counting sheep all night and help those zzzzzzs come with ease.

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**Together with Goldsmiths, University of London, *BBC Focus* is conducting its very first piece of research to find out more about two sleep phenomena: exploding head syndrome and sleep paralysis. To discover more [click here](#) or to [here to take part](#).**